

AWP Monthly Reminder – May 2006

Alliance Work Partners (AWP) is available to assist you and your family in finding balance in work and life through education, resources, referrals, and counseling. Call us anytime, 24-hours a day. We can help.



Care for the Caregiver

When caring for others, don't forget to take care of yourself.

According to Ohio State University (2003), older adults who are caregivers to spouses or other relatives may be at an increased risk for developing heart disease, arthritis, osteoporosis, and some cancers due to long-term stress.¹ If you are a caregiver, AWP can help. Call our 24-hour hotline and ask how to take care of yourself.

We can refer you to educational materials, local resources, or a professional to talk to.

Alliance Work Partners' Employee Assistance Program is a benefit provided by your company at no cost to you. All services are confidential. Contact AWP 24 hours a day, 7 days a week, 365 days a year at:

Toll Free: 800-343-3822 • TDD: 800-448-1823
Teen Helpline: 800-334-TEEN (8336) • www.alliancewp.com

Happenings in May

May is the month to be aware of, or celebrate, the events listed below. Call AWP or search the Internet for more information about these topics. The sites below will get you started!

Mental Health Month: <http://www.nmha.org/may/index.cfm>

Better Hearing and Speech Month:
http://www.asha.org/public/BHSM_download_2003.htm

Osteoporosis Month:
http://www.nof.org/prevention/prevention_month_campaign.htm

Older Americans Month:
<http://www.olderamericansmonth.com/>

Stroke Awareness Month:
<http://www.stroke.org/site/PageServer?pagenam=SAM>



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